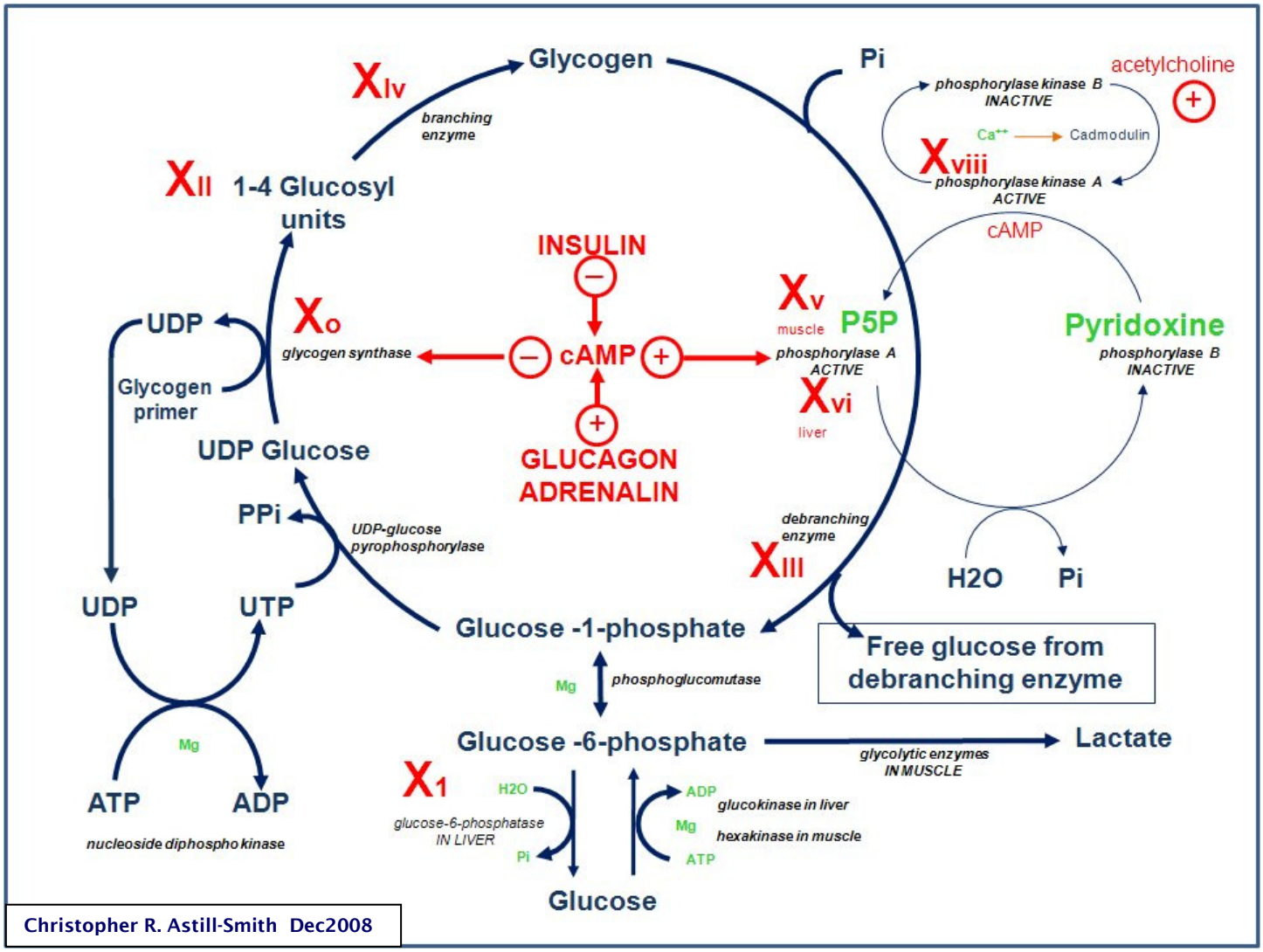
Glycogen Metabolism



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Mg-ADP weakens	Glucose	Glycogen	Pyruvic acid	Lactic acid	Acetyl CoA	NADH FADH2	Nutrient
Glycolysis	Weakens SIM		Strengthens				Mg, B3, Zn, K
Pyruvate – Acetyl CoA shuffle			Weakens		Strengthens		B1, B2, B3, B5, a-Lipoic, Mg
Kreb's cycle						Strengthens (Also CO2 strengthens)	B1, B2, B3, B5, a-Lipoic, Mg, Mn
Electron transport							CoQ10, Iron phos
Glycogenesis		Strengthens					Insulin, Mg
Liver glycogenolysis	Strengthens	Weakens SIM					Adrenalin, B6, Mg, Ca
Muscle glycogenolysis		Weakens SIM					Adrenalin, B6, Mg, Ca
Lactate - Pyruvate			Strengthens	Weakens SIM			B3, Zn
Cori cycle	Strengthens			Weakens SIM			B3, Mg, H2O
Pyruvate - oxaloacetate			Weakens SIM				Biotin, Mg,B5, HCO3
Hypoglyceamia (Gluconeogenesis	Strengthens						Cortisol, BCAAs, B6, B3, Zn, Mg
Proprionate weakens	Strengthens						B12
Myoglobin (O2) strengthens							B12, Iron, B6